

## **How is diabetes treated?**

It is necessary to divide into two separate titles as titles as type 1 and type 2.

The common point of the two is lifestyle change and nutrition.

Today, we are all malnourished due to modern life. We get up early in the morning and get into the car without breakfast. We come to work and sit until the evening, consuming unnecessary foods. In the evening, we return home with our car, eat as much as we can and go to bed.

First of all, this lifestyle needs to change.

A person should spend at least 30-45 minutes a day walking. When we talk about nutrition, we are not talking about a very difficult process. Just as everyone should eat healthy, so should a diabetic person.

First of all, avoid bad carbohydrates. The more carbohydrate foods are consumed, the more blood sugar tends to increase. For this reason, carbohydrates containing whole grains should be preferred instead of processed grain products.

In addition to the balanced use of red meat, poultry and fish should be consumed.

It should be fed regularly.

Then comes the time for drug therapy.

The treatment we use in type 1 diabetics is insulin and only insulin. We never use pills in a type 1 diabetic person. In some special cases, some pills can be added to insulin. But these are very rare cases and are only possible with the direction of the doctor.

The situation is different in type 2 diabetes. In type 2 diabetes, some pills are usually given orally in the first years to stabilize blood sugar. In the following years (after an average of 6-10 years), it may be necessary to switch to insulin.